TAME WILD MUSHROOMS WITH A CLASSIC FRENCH SOUP {page 10}

REST IN PEACE, ROVER EULOGIZING DEARLY DEPARTED PETS CAN EASE THE PAIN {page 9}

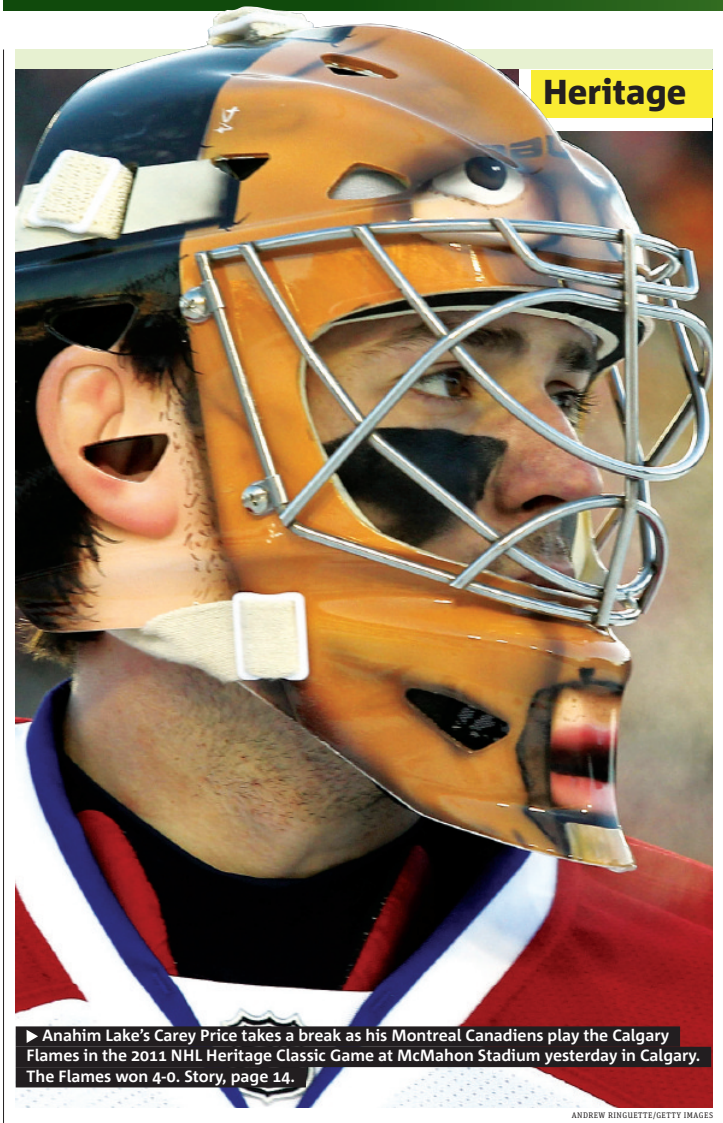
BEST GUESSES

WE PICK OSCAR WINNERS SO YOU DON'T HAVE TO {page 6}

VANCOUVER metro®

Monday, February 21, 2011
www.metronews.ca

News worth sharing.



Heritage

▶ Anahim Lake's Carey Price takes a break as his Montreal Canadiens play the Calgary Flames in the 2011 NHL Heritage Classic Game at McMahon Stadium yesterday in Calgary. The Flames won 4-0. Story, page 14.

ANDREW RINGUETTE/GETTY IMAGES

Habs, Flames clash in Classic

Man nabbed after fatal hit and run

▶ Two women sideswiped by Jeep on Lougheed Highway early Saturday morning ▶ Suspect arrested yesterday afternoon in Coquitlam ▶ One victim leaves four children, aged one to 10

Two women — including a mother of four young children — are dead after being struck by a hit-and-run driver in Coquitlam.

The accident happened when a 30-year-old Port Coquitlam woman and her 29-year-old husband stopped their car to help a couple in a Nissan Pathfinder, which had been in an accident.

"While they were standing outside the (vehicle), a 1995 white Jeep Cherokee struck the two women," said RCMP Const. Kristina Biro.

The driver of the Pathfinder was a 26-year-old Port Coquitlam woman.

Her 28-year-old boyfriend was taken to hospital with injuries to his leg and head.

"The suspect vehicle fled the scene but was located a few kilometres away," Biro said.

"This has affected everyone. It's an absolute tragedy. Two young women lost their lives. It doesn't get much worse than that." RCMP CONST. KRISTINA BIRO

"Earlier (yesterday) afternoon, Coquitlam RCMP made an arrest of a person believed to be the driver ... a 37-year-old resident of Coquitlam."

The man remains in custody and is expected to make his first court appearance today.

Biro said police are recommending "a number of offences" to the Crown.

Authorities have not released the names of the victims. ● KRISTEN THOMPSON

Canadians rally behind Libyans

Unrest abroad has killed more than 200 {page 3}

'I am on the drunk diet'

Lady Gaga parties hard, works out hard {page 8}

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1 news

FBI sketch artist assists with skull identification

CONTRIBUTED

▶ An FBI sketch of Jane Doe.

Sixteen years after a partial female skull was found by someone filling a water bottle alongside a Mission creek, police investigators have enlisted the help of an FBI sketch artist in hopes of finding out who she was.

In 2002, investigators found more bones genetically linked to the same woman, known only as Jane Doe, on Robert Pickton's farm. Police over the weekend released a composite drawing of what Doe might have looked like. The sketch, along with the woman's DNA profile, has been shared with Interpol and will be added to missing-person files around the world.

"We believe someone out there knows who (she) is and can help solve this mystery," said Sgt. Dan Almas of the Missing Women Task Force.

Investigators were able to determine that Jane Doe was Caucasian, aged 20 to 40. She had missing teeth, may have worn dentures, and would have died between 1985 and 1995, police said. Police believe it's possible the woman's family didn't know she was missing or were under the false belief that she had already been reported missing. "Someone knew her, and her family deserves to know what happened," said Almas.

NATALIE KAUR JOHAL

Lunar. Competition

▶ Alex Dobrianski, leader of Plan B, at the H.R. MacMillan Space Centre on Friday.

DARRYL DYCK/THE CANADIAN PRESS

Battle sets sights on the moon

Plan B is the Vancouver-based team competing for the Google Lunar X prize — $30 million to land a spacecraft on the moon with a robot that can travel at least 500 metres and transmit video, images and data back to Earth. Dobranski plans to send three hockey pucks into space as part of the launch.

Debate before the big vote

Televised debate gave four hopefuls last chance to make an impression ◐ Outsider Clark faced toughest questions from peers

MATT KIELTYKA
@METRONEWS.CA

Six days remain until British Columbians find out who their next premier will be.

And as the anticipation ahead of Saturday's B.C. Liberal leadership vote builds, George Abbott, Kevin Falcon, Christy Clark and Mike de Jong had the opportunity to sway supporters in a television debate that aired yesterday on Shaw.

The debate remained civil throughout, and many of their answers on issues like the Evergreen Line, B.C. Hydro rates and public contracts differed little.

But when given the chance to ask each other questions, Clark — the only candidate not currently in the government and a perceived frontrunner — was the one put in the hot seat.

Falcon probed Clark whether she would consider running as an MLA if not elected premier.

"I'm not running in this so I can be just another politician doing the same old thing," Clark responded. Next was Abbott's suggesting that Clark's plan to tie health-care funding to economic growth was unsound in a recession.

De Jong then asked Clark why she wouldn't release a list of her donors before the vote — something he has done and that Abbott vowed to do as well.

"Isn't it a chance to do something different?" he asked. In the end, all four candidates were left smiling into the cameras, knowing that the real stress is yet to come.

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

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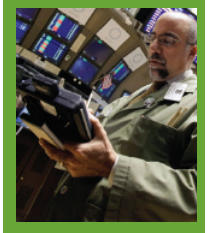

Canada's big banks will lead the way for investors as the markets open for the week. Video at metronews.ca

Follow us on Twitter @vancouvermetro

SCANLIFE

Coach says people must 'stick their necks out' to keep women's hockey in Olympics. Scan code for story.

Golden avalanche kills three, leaves one injured

A father-son snowmobile outing near Golden, B.C. ended in tragedy on Saturday.

Two fathers and their sons were riding in the backcountry around 4:50 p.m., when all four were buried in what police said appears to have been a human-triggered avalanche.

One of the sons and both fathers were killed in the slide, despite being dug out by a group of witnesses who were also snowmobiling in the area.

The surviving son was resuscitated and transported to Golden Hospital, where he was treated for shock and minor injuries. NATALIE KAUR JOHAL

Withheld

RCMP and the B.C. Coroner's office are investigating the incident, and the men's names are being withheld until their next of kin are notified.

News in brief

Food cart program set to expand

SUCCESS. Vancouver is calling for applications to expand its food cart program to 20 new locations, following the success of last year's pilot program. Applications will be reviewed by a high-profile panel of experts including chef Vikram Vij. METRO

Pipe bomb found in West Vancouver park

EVACUATED. An RCMP bomb-squad robot detonated a PVC pipe bomb found at Burley Park on Saturday morning. Several homes in the area were evacuated, and eastbound lanes of the Trans-Canada Highway were closed for several hours. METRO

News in pictures

PHOTOS
1. HASSAN AMMAR/THE ASSOCIATED PRESS
2. HANI MOHAMMED/THE ASSOCIATED PRESS
3. HASSEENE DRIDI/THE ASSOCIATED PRESS

1 Bahraini anti-government protesters at the Pearl roundabout in Manama, Bahrain, yesterday. Bahrain's opposition weighed the regime's offer for talks after nearly a week of protests calling for the tiny Gulf nation's monarchy to give up its near-absolute control over key policies.
THE ASSOCIATED PRESS

2 Yemeni President Ali Abdullah Saleh offered to oversee a dialogue between the ruling party and the opposition, in a bid to diffuse 11 days of protests across the country calling for his ouster. Opposition groups are refusing all dialogue with Abdullah Saleh, a key U.S. ally, as long as security forces suppress demonstrations.
THE ASSOCIATED PRESS

3 Tunisian military looks at a demonstrator hanging a flag on an armoured vehicle during an anti-government demonstration in Tunis yesterday. Several thousand protesters swarmed the governmental palace to demand the ouster of the provisional government.
THE ASSOCIATED PRESS

Royal invites in the mail

Keep an eye on the mailbox — Britain's Prince William and bride-to-be Kate Middleton have sent out invites to their hotly anticipated royal wedding to around 1,900 guests.

Military personnel and charity workers will mingle with European royalty, diplomats, and the family and friends of the couple at the Westminster Abbey ceremony on April 29, St. James's Palace said yesterday.

Queen Elizabeth II and the Duke of Edinburgh will lead a group of 50 members of the British royal family at the wedding, while around 40 representatives of foreign royal families — likely to include dignitaries from Spain, Sweden and Greece — will also attend.

It isn't yet known whether celebrities including singer Elton John — a friend of William's mother Diana, the Princess of Wales — or Kanye West, a favourite of the prince who performed at a 2007 tribute concert for his mother, are among those who'll receive a prized invite.

Britain's Sunday Express newspaper reported that soccer player David Beckham and his wife, Victoria, are on the royal guest list.

One guest already ruled out is Sarah Ferguson, the Duchess of York.

In a statement, William's office said it would not disclose details of individual guests.
THE ASSOCIATED PRESS

JOHN STILLWELL/THE ASSOCIATED PRESS

▶ A worker puts wedding invites into envelopes.

Canadian rallies support Libyans

More than 200 killed since Wednesday in anti-government protests

There were several rallies in Canada this weekend to show support for protesters in Libya who defied a crackdown by leader Moammar Gadhafi's regime by returning yesterday to the flashpoint city of Benghazi to demand the ruler be overthrown.

More than 100 people rallied in Toronto yesterday. Rallies were also held on Parliament Hill and at the Manitoba legislature on Saturday.

Yesterday, Libyan forces fired machine guns at thousands of mourners marching in a funeral for anti-government protesters in Benghazi, a day after commandos and foreign mercenaries attacked demonstrators with assault rifles and other heavy weapons.

At least 204 people have been killed since Wednesday. THE CANADIAN PRESS

THE ASSOCIATED PRESS

▶ Protesters rally against Libyan leader Moammar Gadhafi yesterday.

2M The capital Tripoli, a city of some two million people, remained a stronghold of Gadhafi support, with security curbing small protests.

Unrest

▶ **Italy has strong ties** with Libya, which it occupied for 30 years until 1943.

▶ **The U.S. is warning** travellers to avoid non-essential visits to Libya.

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TOO LONG TO WAIT FOR LONG WEEKEND

Urban Compass

PAUL SULLIVAN

This morning, as you threw your alarm clock at the bedroom wall, your fellow Canadians in Alberta, Saskatchewan, Manitoba, Ontario and P.E.I. just rolled over.

They all get today off. They're probably still in bed. Governments in other parts of the country have taken mercy on their citizens and declared a long weekend to break up that March-Or-Die stretch between new year's and Easter.

This year, the next long weekend doesn't arrive until April 22. According to my calculations, that's nine more Monday mornings. Daunting prospect, yes?

Even Toronto gets to sleep in today with Family Day in Ontario. This obvious inequity has prompted me to scrutinize the Canadian Charter of Rights and Freedoms — imagine my disappointment upon learning there is no provision for equal holiday rights across the land.

We should get busy and pass a charter amendment. Normally, Quebec, which sees every attempt to amend the constitution as an opportunity to declare sovereignty and make the rest of the country pay for it, would be a problem. But this time, the interests of Quebec and B.C. are aligned because they don't get Family Day either.

Frankly, I don't care what we call it as long as it involves a long weekend, but some of the ideas floating around are too controversial, which could lead to debate, which could lead to further delay.

"Governments in other parts of the country have taken mercy on their citizens ..."

For example, Burnaby New West MP Peter Julian wants Feb. 15 declared Flag Day; that's the day the Canadian flag was adopted by Parliament. But when they think flag in Quebec they think bleu fleurs not red maple leaves. Bad idea.

In Manitoba, for some reason, it's Louis Riel Day. Depending on your point of view, Louis Riel was a patriot or a pariah, hardly the basis for a harmonious respite from winter.

Meanwhile, Family Day has almost universal appeal: Everyone from Christy Clark to Jim Sinclair of the B.C. Federation of Labour is on board.

It's "almost" because B.C. business is perpetually opposed, unwilling to pay double time and half for nothing, but when they're kicking back on a future Family Day, they will come to realize that a mid-winter holiday is good for business: Tourism; entertainment; consumers; restaurants — to name a few.

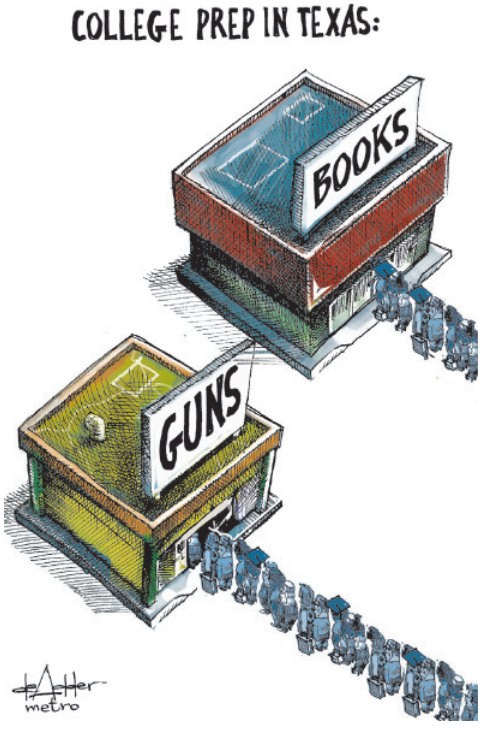
It's all good. Except it's already Feb. 21, and we're already dressed.

Might as well spend the rest of the day at work.

So let's not squander another opportunity. Take a moment to write your MLA and start pushing for Family Day 2012. You're at your desk, anyway.

Cartoon

MICHAEL DE ADDER



Cashing in on the royals

Worth mentioning

Fancy a royal wedding condom? Or maybe a commemorative sick bag?

The April wedding of Prince William and Kate Middleton has spawned a cottage industry of inappropriate souvenirs.

For ladies and gentlemen who wouldn't dare touch anything that hadn't personally been approved by the princely couple, the Royal Collection sells handmade tankards, plates and pillboxes in English fine bone china, complete with William and Middleton's entwined initials in gold and silver.

But online and in stores, entrepreneurs are cashing in on the inevitable popular backlash against royal wedding mania.

Most infamous are the royal wedding-themed condoms — an online sensation that featured prominently on the website of celebrity-obsessed OK! Magazine. William and Kate ashtrays allow smokers to rub their butts out in the face of the royal couple.

Then there are the William and Kate barf bags, made by Newcastle-based designer Lydia Leith. They feature a picture of the couple underneath the words "Throne Up."

Leith, 24, told The Associated Press she wanted to go about "poking fun at a social occasion from one side or another."

THE ASSOCIATED PRESS

Sick souvenirs

LYDIA LEITH/THE ASSOCIATED PRESS

Does the Mideast unrest make you nervous? Why?

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Metro Minute at Jewish arts festival

The world premiere of How To Disappear Completely (directed by James Long) runs as part of the annual Chutzpah Jewish Performing Arts festival. The play is written and performed by prominent Vancouver lighting designer Itai Erdal. The first-time writer and actor tells about his mother's death from lung cancer in 2000 and invites people to witness the unique circumstances of his mother's passing.

The event begins at 7 p.m. (today to Wednesday) and 8 p.m. Thursday at the Wosk Second Stage at the Jewish Community Centre of Greater Vancouver (950 West 41st Ave.).

Tickets are $16 to $25. Visit thechoptheatre.com or chutzpahfestival.com for more info.

SUNHO CHOI

COURTESY OF ITAI ERDAL

▶ The world premiere of How To Disappear Completely will run as part of the Chutzpah Jewish Performing Arts Festival.

Loan program racks up record losses: Report

- Revenue does not come close to covering loss claims
- Taxpayers on hook for up to 85 per cent of losses

A federal loan program for small business paid the banks and other financial institutions a record $113 million in loss claims last year, most of it in hard-hit Ontario, a new report says.

The Canada Small Business Financing Program also guaranteed about $957 million in new loans in 2009-10, which means the annual loss rate hit about 12 per cent.

The report, tabled in Parliament, shows that the troubled program continues to suffer from red ink and a dwindling number of customers.

The big trouble spot was Ontario, where only about one-third of the new loans were issued but more than half the losses occurred.

$11B

The loan-guarantee fund dates from 1999. The fund has so far guaranteed more than $11 billion in small-business loans issued by banks, credit unions and other financial institutions.

Industry Minister Tony Clement defended the program, saying in the report's introduction that it "continues to be a successful mechanism for facilitating asset-backed debt financing to business."

But a KPMG study last year found that it has incurred net losses to Ottawa of more than $300 million and that "the gap between claims and fee revenues will continue to exist and most likely expand."

The number of businesses helped by the program hit a new low in 2009-10 — about 7,500, half the number of a decade ago — but the annual loan value still neared a billion dollars because loan limits were doubled to $500,000 last year.

There were a record 1,968 loss claims on the program last year, or an average of about $58,000 each. THE CANADIAN PRESS

Softwood lumber sales rise

Driven by demand from China, producers in Western Canada are making money again despite the slow U.S. housing market. Hank Ketcham of West Fraser Timber Co. Ltd. in Vancouver said the company shipped 20 per cent to 30 per cent more softwood to China in the last three months of last year compared with earlier in 2010. THE CANADIAN PRESS

Market moment

PRESS STOP P.M. FRIDAY

TSX	Dollar
– 13.04 (14,123.11)	– 0.11¢ (101.42¢ US)

Oil	Natural gas 1,000 cu ft
+ $0.87 US ($89.71 US)	$3.876 US (+ 0.8¢ US)

Gold contracts $1,388.60 US (+ $3.50 US)

▶ Tour guides were not quite over the hump as they waited for clients at the Giza pyramids outside Cairo.

TOURISTS TAKE FLIGHT

'IT TAKES TIME FOR THEM TO COME BACK'

EgyptAir is offering to lease 25 of its aircraft to other carriers, in a bid to offset staggering losses linked to recent unrest in the country.

EgyptAir chairman Hussein Massoud said the company has cancelled about 75 per cent of its flights and is losing about 80 per cent of its projected revenue.

Government statistics show that 210,000 tourists fled the country in the last week of January and that cancellations for February were depriving Egypt of about $825 million in tourism revenue.

But tour guide Sharif Youssef said he expects business to pick up soon.

"It's getting back to the way it was little by little. Just the same way people left a little at a time, it takes time for them to come back," he said. THE ASSOCIATED PRESS

Banks, oil prices the focus this week

Canada's big banks start reporting quarterly earnings on Thursday while investors will be watching for disruptions in the supply of oil amid anti-government protests in the Middle East.

Oil prices rose to almost $90 US a barrel by Friday's close.

The demonstrations in Iran, Algeria, Jordan and Libya follow the ouster of regimes in Tunisia and Egypt. Libya and Iran, the world's fourth-largest oil producer, are both OPEC members, while Algeria is also an important supplier.

On the banking front, CIBC and National Bank are expected to be the first big banks to report on Thursday.

The six largest Canadian banks earned a combined $4.45 billion in the previous quarter.

Allison Mendes of Manulife Asset Management predicted that the banks will report strong earnings but said the tricky part will be future quarters, since, Mendes said, "the consumer is tapped out."

"If the consumer slows down, it's not going to bode well for net interest income. It will slow as well," she said. THE CANADIAN PRESS

China bumps fuel costs

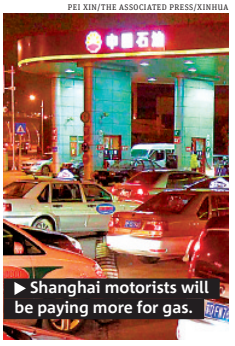
China hiked its state-controlled gasoline and diesel prices yesterday, citing the rise of global oil prices. The move is expected to be unpopular as citizens wrestle with rising prices for food and other items.

Gasoline and diesel prices went up 350 yuan ($53) per ton, which translates into a jump of 0.26 yuan (4 cents) per litre of gas and 0.3 yuan (5 cents) per litre of diesel.

China last raised prices in late December. Inflation rose to a 28-month high in November.

The National Development and Reform Commission, China's leading economic planning body, said key industries such as farming would continue to receive subsidies, and that the cost of public transport would not go up. THE ASSOCIATED PRESS

PEI XIN/THE ASSOCIATED PRESS/XINHUA



▶ Shanghai motorists will be paying more for gas.

Pharmacist warns of tech plan side-effects

Allowing "pharmacy technicians" to dole out medications could put patients' lives at risk, critics say.

As of Jan. 1, the B.C. College of Pharmacists began designating "pharmacy technicians" and estimates there will be 200 to 400 registered practitioners in drug stores and hospitals by the end of the year.

But pharmacist Katy Lee and others say the move sacrifices public safety for the sake of the bottom line.

The lesser-paid technicians go to school for eight months whereas pharmacists go to school for five years, she says. Though pharmacists must still conduct a final check of prescriptions, there are no legislated staffing ratios in B.C., and Lee worries that the prospect of cost savings will drive stores to hire fewer pharmacists and more technicians.

She already had concerns about the number of assistants she sometimes had to oversee as the sole pharmacist on duty at a Vancouver Shoppers Drug Mart.

"People make more mistakes when you have more work to do," she said. "I said, 'I will kill somebody someday.'" THE CANADIAN PRESS

Is gang violence getting too close to home?

2 scene

Oscar Box Office

The 10 movies nominated for Best Picture at the Academy Awards by their box office numbers.

1. Toy Story 3 — $415 million
2. Inception — $292.5 million
3. True Grit — $161 million
4. Black Swan — $99.8 million
5. The Social Network — $96.6 million
6. The King's Speech — $95.4 million
7. The Fighter — $86 million
8. The Kids Are All Right — $20.8 million
9. 127 Hours — $16.9 million
10. Winter's Bone — $6.3 million

METRO

Elusive British street artist Banksy is welcome at Oscars, planners say, but will he show?

The countdown to the Academy Awards is on! With less than a week to go, Metro offers up its picks for who takes home the golden statue in the Top 10 categories

Who is taking home Oscar?

Best Picture

Even with 10 nominees, it's come down to a race between two films: Early favourite The Social Network bloomed early, snatching up a dizzying number of critics' awards and the Golden Globe, but The King's Speech has been on an unstoppable run. The Academy will likely split along age lines for this one. But our money's on The Social Network making a comeback.

Best Director

David Fincher feels like the front-runner for us with The Social Network, but Darren Aronofsky or David O. Russell could just as easily take it for Black Swan or The Fighter, respectively. And don't discount the Coen Brothers — longtime Oscar favourites — and their heavily nominated True Grit.

Best Actor

This is The King's Speech star Colin Firth's year, and no other nominee has the momentum he's built up for his portrayal of the royal stammerer.

Best Actress

We predict Annette Bening is going home empty-handed again. Though she's been nominated for an Oscar four times without winning, she's going to have to wait for No. 5, because this is Natalie Portman's award. The year of training, the physical transformation and the emotional gymnastics add up to the kind of showy performance the Academy eats up. And she's increased her good will since being nominated.

Best Supporting Actor

Another two-horse toss-up, this one comes down to a battle between the latest in a distinguished career (Geoffrey Rush in The King's Speech) versus over-the-top showmanship (Christian Bale in The Fighter). While Rush has been cleaning up elsewhere, expect voters to side with Bale for the same reasons they'll pick Portman for Best Actress.

Best Supporting Actress

Here lies this year's true guessing game. The only nominee close to being considered a front-runner, Melissa Leo (The Fighter), has been handicapped by both a fellow nominee from her film (Amy Adams) and her own misguided, self-financed publicity campaign. Helena Bonham Carter could swoop in an steal it for her work in The King's Speech.

Best Original Screenplay

Shut out of the Best Director category, expect Christopher Nolan to bring home this as a consolation prize for his brilliant, mind-bending Inception. Of course, the Academy could continue to snub him and give this one to David Seidler for The King's Speech.

Best Adapted Screenplay

Aaron Sorkin will win for The Social Network. It's not even a question at this point. If Sorkin looks surprised or unprepared at the podium, it's an act.

Best Animated Feature

With a nomination for Best Picture on its resumé and Oscar juggernaut Pixar behind it, Toy Story 3 seems like a sure thing, though we'd be just as happy if the surprise hit, How to Train Your Dragon, or art-house favourite The Illusionist pulled an upset.

Best Documentary Feature

We're really hoping Exit Through the Gift Shop wins, not just because it's an amazing film but because we want to see what notoriously camera-shy street artist Banksy does for an acceptance speech. But if the Academy is feeling more traditional than hip, expect Inside Job, a film about the financial crisis, to take the prize.

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Most valuable Bieber

Justin Bieber wins MVP award in losing effort at NBA all-star celebrity game

JAE C. HONG/THE ASSOCIATED PRESS

▶ Justin Bieber warms up before the NBA all-star celebrity basketball game.

Justin Bieber finally won a trophy in L.A.

The Canadian teen singing sensation, who was shut out at the Grammys, was chosen most valuable player despite playing for the losing team in the National Basketball Association all-star celebrity game on Friday night.

Bieber had eight points, four assists and two rebounds for the West team, which lost 54-49 to the East at the Los Angeles Convention Center.

Hall of Famer Scottie Pippen led the Magic Johnson-coached East team with 17 points in a game whose defensive highlight might have been Pippen's third-quarter block of Bieber.

The vertically challenged Bieber scampered up and down the court, his famous shaggy 'do bouncing with every step as girls shrieked at the sight.

"He has the softest hair," marvelled former Los Angeles Laker Rick Fox, who patted his West teammate Bieber on the head during the game.

Wearing a black T-shirt under his red-and-white jersey, he spent most of the game hitching up his shorts that fell well below the knee.

His pre-game stretching included trying, but failing, to touch his toes.

Bieber showed off some slick moves, dribbling behind his back, and driving and dishing to taller teammate and ESPN analyst Jalen Rose. Bieber fed A.C. Green for the game's first basket, and the singer later hit a three-pointer.

"I'm just running back and forth," Bieber said during an in-game interview.

"I'm controlling this whole team. I'm just kidding."

With actor Jamie Foxx and Lakers star Lamar Odom watching, Bieber missed a three-pointer that would have tied it with 30 seconds to go.

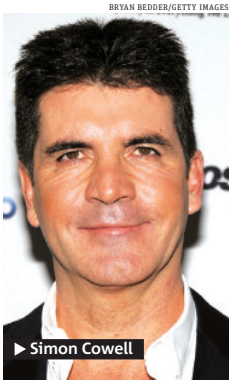
Afterward, the 16-year-old from Stratford, Ont., was hurried off the court by burly security guards.

Bieber's week began when he lost out on his two Grammy nominations at Staples Center.

THE ASSOCIATED PRESS

'Special' 10-year-old got her start in contest

BRYAN BEDDER/GETTY IMAGES



▶ Simon Cowell

Canada's latest YouTube star first stumbled into the spotlight at a Toronto singing competition, but organizers of the event were quick to recognize she was exceptional.

Ten-year-old Heather Russell drew international attention this week following reports that she landed a contract with the record label run by former American Idol judge Simon Cowell.

But the buzz surrounding the young songstress began two years ago when Russell auditioned for the Amateur Singing Contest with John Santos, the event's founder said.

"I got shivers," Santos said Saturday. "I thought, We've got to do something with this kid."

"She's got a huge voice," he said. "When I first heard her, jokingly I was looking behind her to see if there was a sound system."

Though Russell was too young to enter the competition, she came back every week to rehearse, he said.

Last year, she stole the show in a guest performance at the contest's finals, even though she couldn't compete, he added.

Russell's parents, James Russell and Monica Cidade, were reluctant to thrust their daughter into the spotlight, Santos said. Both are accomplished musicians. James Russell played in Acosta Russell, an early-1990s pop band, and Cidade has recorded over 50 songs in pop, rock and jazz.

"I pushed them to go all the way," Santos said. "I knew there was something special with her."

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Celebrity tweets

James Cameron [@JimCameron] Did everyone love Black Swan as much as me? My daughter Josa & I are 2 thumbs way up on Aronofsky's masterpiece. Natalie P is magnificent

Conan O'Brien [@Conan OBrien] Charlie Sheen says he's never been drunk on the set of "Two & A Half Men." I, too, have never been drunk on the set of "Two & A Half Men."

Gaga's 'drunk diet'

Balances it with daily workouts

Lady Gaga admits that she enjoys a hard-partying lifestyle, but that doesn't mean she doesn't stick to a workout regime.

"I am on the drunk diet," the singer says in an interview with Sirius satellite radio. "I live my life as I want to, creatively. I like to drink whiskey and stuff while I am working. But the deal is I've got to work out every day, and I work out hung over if I am hung over. And it's about the cross-training and keeping yourself inspired. I have to say, I do a ton of yoga." METRO

ALL PHOTOS GETTY IMAGES

▶ Whiskey and yoga: A day in the life of Lady Gaga.

LiLo and Sam back together?

▶ Lindsay Lohan

Lindsay Lohan appears to be rekindling her romance with ex-girlfriend Samantha Ronson, according to Popeater.

The pair traded flirtatious Twitter posts on Valentine's Day, alluding to a romantic dinner together.

After checking out of the Betty Ford Center, Lohan moved into a Venice Beach apartment near Ronson's, and the two have been spending a lot of time together.

Getting back together with Ronson has reportedly been a priority for Lohan, who told Ellen DeGeneres during a 2009 interview, "I really care about Samantha, and we'll see what happens. Maybe when we're fully in the right place. And I love her." METRO

Lainey's Oscar file

LAINEY, ETALK CORRESPONDENT AND AUTHOR OF LAINEYGOSSIP.COM

BEST ACTRESS: ANNETTE BENING

The Kids Are All Right

Bening was offered the part of Catwoman in Batman Returns, starring Michael Keaton. She accepted the role but subsequently turned it down when she discovered she was pregnant.That was also when Sean Young infamously dressed up in a Catwoman suit to win the role, which eventually went to Michelle Pfeiffer.

▶ Annette Bening

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BOTH PHOTOS: THE ASSOCIATED PRESS

▶ Pet owners are increasingly turning to online obituaries for support after their pets pass away.

An obit for Rover

The death of a pet is often as difficult as losing a family member Pet obituaries help

Pets are our best friends, faithful companions and family members. And not even death, it seems, can break that bond between animal and human.

Nowhere is that more apparent than in the increasing number of pet obituaries springing up in some newspapers and on social media sites.

On websites such as Doggy Heaven and Immortal Pets, on blogs and on countless Facebook pages, grief-stricken pet owners funnel their sadness into heartfelt tributes.

The obituaries — accompanied by photo montages, poems and notes of condolence from friends — are part therapy and part memorial.

The sites also testify to the coveted place pets hold in North American culture. About 62 per cent of households include pets, according to the American Pet Products Association.

"It's a reflection of the social fabric," says Samantha Gowen, who writes the Orange County Register's Pet Tales blog, which regularly includes obituaries.

She notes that most pet owners are aware that they will likely outlive their animals, which gives the relationship a special poignancy. "There's a sense of empathy when it comes to pets and their lives," says Gowen.

Online obituaries offer pet owners a way to find support and channel the pain of losing a pet.

Kristin Tomyn, a 39-year-old from Indianapolis, was distraught after the sudden death of Dakotah, her 12-year-old Siberian Husky, and was searching the Internet for consolation when she found Doggy Heaven.

Tomyn posted an obit, which she says helped her get through early feelings of shock and nearly inconsolable loss. "It was part of the healing process," she says. "It's getting those feelings out there. You feel like you are being heard."

THE ASSOCIATED PRESS

3 life

Dog booties

Do household dogs need to wear booties? Canine experts say no, but with some exceptions.

- When healing from foot surgery, or if cuts or a torn toenail exist.
- When snow cakes in a dog's pads, leading to hobbling snowballs.
- When an older dog lacks firm footing or is afraid to get up and move around.

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ISTOCK

Zuppa Dorata

Yields 2
Prep time: 5 mins
Cooking: 10 mins

This soup gets its golden colour from the saffron threads, which are used to provide a slight lemony flavour and gorgeous orange hue.

Look for them in grocery store spice aisles or bulk food stores.

Preparation:

1. In a saucepan bring vegetable stock and saffron threads to boil. Reduce heat to simmer and add butter. Stir until melted.
2. Meanwhile, break pasta into about 2-inch (5 cm) pieces and add to stock. Cook, stirring occasionally for about 5 minutes or until pasta is al dente.
3. In a small bowl, whisk together eggs, cream and parsley. Gently pour mixture into stock, stirring constantly and cook for about 2 minutes or until set and thickened.

Tip: Have some freshly grated Parmesan to sprinkle over top before serving.

Ingredients:

- 4 cups (1 L) vegetable or chicken stock
- 1 tsp (5 mL) saffron threads
- 1 tbsp (15 mL) butter
- 4 oz (125 g) angel hair pasta (cappellini)
- 2 eggs
- 1/2 cup (125 mL) 35% whipping cream
- 2 tbsp (25 mL) chopped fresh Italian parsley

EMILY RICHARDS

Tame wild mushrooms in this French Onion soup

Give this classic comfort food a hearty upgrade

ISTOCK

Yields 6
Prep time: 20 mins
Cooking: 35 mins

▶ A hearty French Onion soup is the perfect meal after a day spent outdoors.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Adding wild mushrooms to this classic French onion soup adds a twist to make a hearty, rich flavour that is perfect for winter fare.

It's a great make ahead type of meal that can be heated up after a ski sessions or even after a fun afternoon in your backyard making a snowman.

Preparation:

1. Place mushrooms in a small bowl and pour water over top. Let stand 15 minutes or until softened. Drain, reserving water and chop mushrooms; set aside.
2. Meanwhile, in large soup pot, melt butter over medium high heat and cook onions for about 10 minutes or until softened. Add mushrooms, garlic and thyme and cook for about 15 minutes or until no liquid remains. Add sherry and cook for about 5 minutes or until evaporated. Add stock and bring to a gentle boil.
3. In small bowl, whisk together eggs, cream and parsley. Pour mix into stock, stirring and cook for about 2 minutes.

Ingredients:

- 1/4 cup (50 mL) dried mushrooms
- 1/2 cup (125 mL) boiling water
- 1/4 cup (50 mL) butter
- 2 large Spanish onions, thinly sliced
- 2 lbs (1 kg) wild mushrooms, such as shitake, cremini, oyster or king, trimmed and thinly sliced
- 4 cloves garlic, minced
- 1 tbsp (15 mL) chopped fresh thyme or 1 tsp (5 mL) dried
- 1/3 cup (75 mL) dry sherry or Madeira wine
- 8 cups (2 L) vegetable or chicken stock
- 16 slices of baguette
- 6 oz (175 g) Cambenzola cheese, sliced

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

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Green weddings

Suggestions on how to say 'I do' to planning an eco-friendly wedding

Planning a wedding will make you and your spouse-to-be very aware of seemingly minor details. For example, it may become vitally important to match an exact shade of cream or to find a cathedral length veil. While you're making your decisions, consider how even the small details have an impact on the environment. Here are some suggestions to avoid excessive waste and put the planet on your priority list.

Invitations
Choose invitations made from 100 per cent recycled paper or make your own. You can also have guests RSVP by email or phone instead of by mail.

Centrepieces
Put on your creative hat and use natural materials like pinecones, decorative stones, seashells, willow branches, fruit, or flowers to arrange a display.

Reception
No matter how great the food is, there will always be leftovers when you have a wedding feast. Instead of throwing them away, arrange in advance to have the food delivered to a soup kitchen or shelter.

NEWS CANADA

Trinkets

Impractical wedding trinkets either wind up in the trash or untouched on a dusty shelf.

Options Instead, make a charitable donation as a wonderful way to help others while honouring your guests. Purchase eco-friendly gifts such as fruit trees, a rainwater-harvesting tank, a hand-dug well, or a fuel-efficient cooking stove from charities like Christian Children's Fund of Canada

NEWS CANADA

▶ Becoming more aware of the environment during your wedding planning will help you and your spouse-to-be make a better and cleaner world.

Responsibly retire your ride

The practice of responsible recycling can be as close as your driveway

Finding ways to divert harmful waste from our landfills is a constant concern for Canadians.

Many times, we forget that recycling goes beyond household items and in fact spills into our driveways with some of the largest polluters out there — our vehicles.

While paper, metal cans, glass bottles and plastic are the most commonly recycled household items in Canada, vehicles can be recycled just as easily through Retire Your Ride, Canada's national vehicle recycling program.

NEWS CANADA

75%
75 per cent of an average car's content by weight can be recycled.

A mandatory National Code of Practice for auto recyclers participating in Retire Your Ride has been established to prevent hazardous materials contained in end-of-life vehicles from contaminating our water, soil and air during and after the vehicle recycling process.

Retire Your Ride offers great incentives to Canadians who retire their 1995 and older model year vehicles.

They include free transit passes, discounts on the purchase of a new bicycle or vehicle, $300 cash and more.

NEWS CANADA

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Queen of Green

LINDSAY COULTER
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PURCHASING A CLEAN KITTY LITTER

What do I need to look for in a "green" kitty litter? *Allison of Vancouver*

Before you consider the type of kitty litter to buy for Fluffy, see what your city suggests when it comes to getting rid of the waste.

Characteristics to look for in a kitty litter include biodegradable products, because you'll be sending it to the landfill or composting it yourself at home. (Don't compost cat litter if you plan to spread it on edible plants.) Many brands are also made from renewable plant materials like corn or wheat. These are made from by-products like corn cobs rather than food-grade sources. You may have also seen recycled paper pellets.What all of these options also have in common is that they tend to be chemical-free and fragrance-free. Definitely avoid scented products. Instead, deodorize with baking soda by keeping an open box nearby.

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Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

BOOK OF LOVE

"I don't think we've ever exhaled."

Nina McCreath stands with her partner, Cathy Francis, in the middle of their charming bookshop in Toronto. The Flying Dragon has been a success since they opened their doors seven years ago, but as small business owners they feel they can't ever relax and enjoy their popularity.

"It's a business, not a hobby," McCreath says bluntly. "And we must always be vigilant."

The Flying Dragon was a great idea that almost never made it off the ground. Despite submitting a comprehensive business plan that had taken over a year to complete, the banks would not give the women a start up loan.

That's when they created their own turning point and went to the publishing industry to get credit and enough books to stock their shelves.

"They put their faith in us that we could run a successful business and we will be grateful forever."

As their customers stream through the door and the books leave the shelves, Cathy and Nina say they believe that personal growth is just as important as the bottom line.

"It's not what you achieve, it's what you become."

▶ Nina McCreath and Cathy Francis pose in their bookshop, The Flying Dragon, in Toronto.

Turning a page

- Ask people for their opinion about your idea. When you put them all together you'll be surprised how much you will learn
- Do a full and complete business plan, no matter how small your idea, to make sure you cover all aspects to starting and running your business.

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Movement is a must

New sedentary behaviour guidelines take aim at couch potato culture

The Canadian Society for Exercise Physiology's guidelines, unveiled Tuesday, focus on minimizing behaviours that involve little physical movement and the low expenditure of energy.

The group recommends children and youth aged five to 17 limit recreational screen time - including watching TV, playing passive video games and using the computer - to no more than two hours daily.

The guidelines suggest youngsters scale back on time spent indoors and sitting for extended periods. They also recommend limiting use of sedentary transport, like travelling by bus or car.

Instead, kids aged five to 11 are encouraged to walk to school with a group of neighbourhood kids; for youth 12 to 17, it's recommended they walk or bike with friends. Instead of teens texting their friends, it's suggested they visit with them instead.

The recommendations come just weeks after the society released revised physical activity guidelines for Canadians.

Children and youth are advised to get at least 60 minutes of moderate- to vigorous-intensity physical activity daily.

But under current guidelines, CSEP said only seven per cent of youngsters are active enough to meet those targets. Meanwhile, they're spending an average 8.6 hours a day - 62 per cent of their waking hours - being sedentary.

"We're not saying replace sedentary behaviour with exercise per se - (although) that would be wonderful. But replace it with something else other than sedentary behaviour," said Mark Tremblay, chair of the physical activity guidelines committee.

"If that's just standing more often, then wonderful. If it's walking more often, if it's doing a hobby that doesn't have you sitting immobile, then what our research shows is that that is associated with a decrease in health risks over and above the benefits that kids get from high-level physical activity."

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Photo Malawi, 2009 © Tim Fraccia/CARE
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Jotting down your joy

"If you don't like something, change it; if you can't change it, change the way you think about it."

This quote, by children's author Mary Engelbreit, summarizes the past few years of Faisal Sethi's life. It's a path that led the creative director to his startup, which encourages users to write down things they're grateful for every day.

In 2009, the 35-year-old had started caring for his father, whose health was quickly deteriorating. He had left his job to care for him full-time but soon discovered it was too great of a task.

The weight of his problems led Sethi, who lives in Ottawa, to research the idea of happiness and how to attain it. He spent hours looking over academic papers on the subject, and over and over Sethi would read about the importance of gratitude journals.

Gratitude journals are diaries meant to document what you are most grateful for. The concept became widely popular after talk show host Oprah Winfrey promoted the idea.

"I started actively doing a gratitude journal but also realized there were some limitations," said Sethi. "Happiness isn't an intellectually passive state. We can engage in activities and tools to increase that happiness."

And so, Sethi founded Happyrambles, a free website that emails users the question "What are you happy for today?" Their responses are stored in a private online gratitude journal, and they have the option of sharing it with friends.

He said by being notified by email, which is sent in the evening (though users can change the time of day) the website is actively engaging users to think and then write about what they're most grateful for each day. Sethi said his website is more environmentally friendly than a physical journal since it saves on paper and is more secure.

Happyrambles was officially launched in January. It's currently in the beta phase and has 1,000 users around the world.

▶ Fasail Sethi, founder of Happyrambles, has found that regularly documenting the things he is thankful for has improved his general outlook on life.

Sethi said that after writing in his gratitude journal, he "started seeing the world a little bit differently."

"You find yourself actively looking for the good things in life on a daily basis," he said.

However, some experts on happiness question the notion of writing a gratitude journal daily.

Mark Holder is an associate professor of psychology at the University of British Columbia, who specializes in positive psychology. He acknowledged that gratitude is linked to "positive flourishes" and research suggests that people who engage in gratitude activities are happier. However, Holder questioned the structure of Sethi's website.

In researching other studies on the topic, Holder found that people are happiest when they show gratitude for three things, once a week. He noted that it's also key to add variety.

"You have to change the dimensions," he said. "One day I'll be happy for something physically, one day I'll be happy for my path, or something I'm looking forward to in the future, or community, friends or family. You've got to switch it up."

Holder said that if a user is encouraged to write something every day, it can eventually be a burden.

"It can be seen as a chore and if you do it too often, it can actually reduce happiness," he said.

Holder recommends taking a different approach, by asking family or friends what they are grateful for on a weekly basis, perhaps at the dinner table. He also suggests starting a gratitude album, similar to a scrapbook, with tactile pieces from happy memories or writing letters to people who've had positive effects in your life.

Still, Sethi credits his daily gratitude journal for changing his perspective.

"It's taught me to be in the moment, whether it's walking my dog, or the smell of his breath or the crisp air on a Sunday morning," he said. "It really improves the quality of life."

THE CANADIAN PRESS

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4 sports

Roddick snaps Raonic's streak

Milos Raonic's dazzling run at the ATP Tour event in Memphis ended in defeat.

The 20-year-old Canadian dropped a hard-fought 7-6 (7), 6-7 (11), 6-4 decision to American Andy Roddick in the final of the Regions Morgan Keegan Championships yesterday.

Raonic, of Thornhill, Ont., was gunning for his second consecutive ATP Tour victory after winning last weekend in San Jose, Calif.

His surprising two-week performance will move him to around No. 37 in the tennis world rankings. He finished 2010 ranked No. 156.

The top-seeded Roddick becomes the eighth American with at least 30 titles, only three behind the late Arthur Ashe.

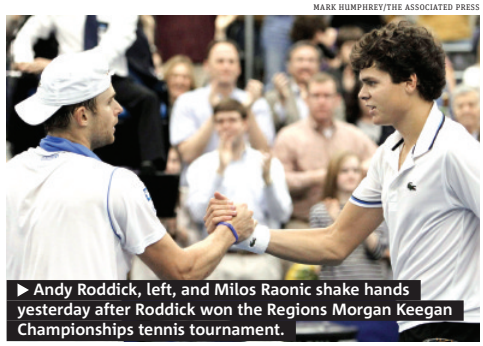
"I think I was very fortunate. I feel like I got outplayed, I just stuck around and kept trying," Roddick said. "What a memorable 30th victory for me. I couldn't be happier to do it in Memphis."

Raonic had 32 more aces and finished the week with 125. He hit 150 miles per hour to hold serve in the 10th game of the third set, but it wasn't enough.

This was the first meeting between Raonic and Roddick, who ranks behind only Federer (67) and Rafael Nadal (43) for career wins among active players.

THE ASSOCIATED PRESS

MARK HUMPHREY/THE ASSOCIATED PRESS



▶ Andy Roddick, left, and Milos Raonic shake hands yesterday after Roddick won the Regions Morgan Keegan Championships tennis tournament.

Quoted

"It's going to be a party the whole year."

NEW YORK YANKEES CAPTAIN DEREK JETER JOKED YESTERDAY ABOUT APPROACHING THE 3,000-HIT MARK FOR HIS CAREER. THE SHORTSTOP IS 74 HITS FROM THE MILESTONE ENTERING THE 2011 SEASON.

"It's something thats very hard to do ... Not too many people have done it."

Home field edge works for Flames

Boston Bruins the only other home team to win outdoor game

4	0
FLAMES	CANADIENS

The Calgary Flames bucked a trend of host teams losing NHL outdoor games by defeating the Montreal Canadiens 4-0 in the Tim Hortons Heritage Classic yesterday.

Rene Bourque scored a pair of goals, Anton Babchuk scored short-handed and Alex Tanguay also struck for Calgary in front of 41,022 on a cold, clear night at McMahon Stadium.

Flames goalie Miikka Kiprusoff stopped 39 shots for his fourth shutout this season, while Montreal counterpart Carey Price turned away 33 of 37 in the loss.

Heading into the game, visiting teams were 4-1 outside dating back to the last Heritage Classic in 2003.

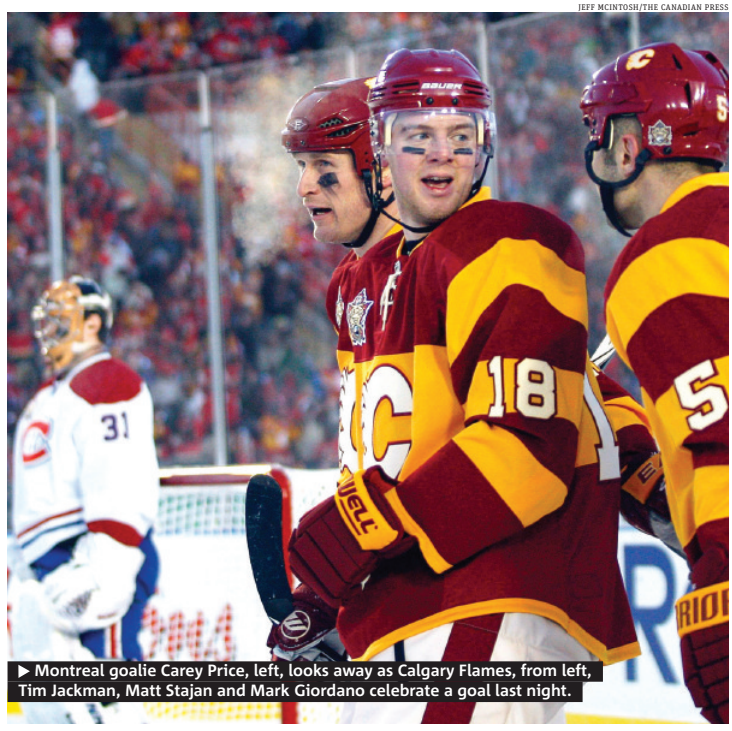
The victory vaulted the Flames over four teams in the Western Conference. They moved into a tie with fifth-place Nashville.

The Flames (31-22-8) have collected points in 18 of their last 20 games, but the conference is so tight less than 10 points separates third from 12th.

Montreal (31-22-7) dropped to 1-2-2 in their last five games.

The temperature didn't quite make it to the predicted high of –8 C. It was –9 when the puck dropped, but the wind made it feel like –17. THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS



▶ Montreal goalie Carey Price, left, looks away as Calgary Flames, from left, Tim Jackman, Matt Stajan and Mark Giordano celebrate a goal last night.

Bryant shines at home

Kobe Bryant won his record-tying fourth all-star game MVP award to the delight of his hometown fans, scoring 37 points and propelling the West to a 148-143 victory over the East in the NBA's midseason showcase last night.

The Los Angeles Lakers' veteran guard put on another show among stars at the 60th All-Star game, also grabbing 14 rebounds and overcoming LeBron James' triple-double for the East.

148	143
WEST	EAST

Clearly pushing for another trophy against an East roster stacked with rival Celtics and Heat, Bryant matched Bob Pettit's NBA record with his fourth MVP award in just 10 years.

James had 29 points, 12 rebounds and 10 assists for the East, but Miami teammate Dwyane Wade scored 14 points before limping off in the third quarter.

THE ASSOCIATED PRESS

Sports in brief

Historic day at Daytona 500

NASCAR. Twenty-year-old Trevor Bayne won the Daytona 500 in only his second Sprint Cup start yesterday. He won NASCAR's biggest race just one day after his birthday. He became the youngest Daytona 500 winner. THE CANADIAN PRESS

Gaborik leaves game with concussion

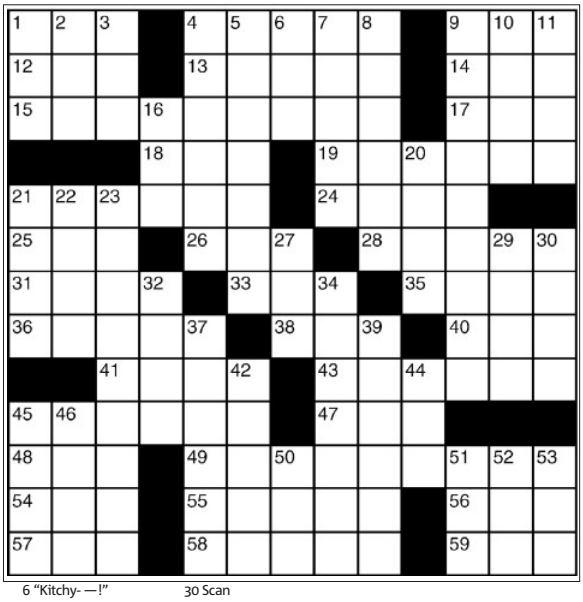
NHL. Rangers forward Marian Gaborik missed the final two periods of a 4-2 loss to the Philadelphia Flyers yesterday because of a concussion coach John Tortorella said occurred before the game.

Gaborik had 4:39 of ice time.

THE ASSOCIATED PRESS

Scan code for more sports

Crossword



Across

1 Components of psyches
4 Dervish
9 Atl. counterpart
12 Meadow
13 Sierra —
14 "Ben- —"
15 Lustful
17 Historic period
18 Old Oldsmobile
19 Sacred beetle
21 Indiana basketball team
24 Coin of the Continent
25 Durham sch.
26 Boar's mate
28 Whom Bugs bugs
31 Goblet feature
33 Zodiac feline
35 Seep out
36 Calligraphy stroke
38 Plant sticker
40 Gun-lobby org.
41 Leave out
43 Needle partner
45 Jaunty
47 Luau bowlful
48 One's years
49 Greek historian
54 Poolroom stick
55 Obliterate
56 Raw rock
57 Affirma-tive
58 Fender benders
59 Stick with a kick

Down

1 Ailing
2 Sandra or Ruby
3 Pouch
4 Laughs derisively
5 Spray-can contents
6 "Kitchy- —!"
7 Occupied
8 Save
9 Stimulating secretion
10 Emanation
11 Grouch
16 Charlemagne's realm (Abbr.)
20 Singer Guthrie
21 Face, slangily
22 Initial chip
23 Tennessee tribesperson
27 Charlotte's creation
29 Pound of poetry
30 Scan
32 Actress Rogers
34 Overseas military base
37 Went after marlin
39 Colossus of —
42 Yonder
44 Carnival city
45 Risque
46 Chills and fever
50 Skedaddled
51 Youngster
52 Coffee vessel
53 Collection

▶ Yesterday's answer

Sudoku

4				9				1
5	1						2	7
			8		5			
	8			2			4	9
		4				6		
9	3			7			8	
			9		6			
7	9						1	3
8				5				6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	2	1	6	9	7	5	4
7	1	5	8	2	4	9	3	6
4	9	6	5	3	7	8	1	2
5	6	8	3	4	2	1	9	7
9	4	1	6	7	8	5	2	3
2	3	7	9	5	1	6	4	8
6	5	9	4	8	3	2	7	1
1	2	3	7	9	6	4	8	5
8	7	4	2	1	5	3	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my Marmot,
I love you more than I thought I could ever love anyone. This past year has been the most wonderful of my entire life. I look forward to a lifetime of them. Love so much,
YOUR BOBCAT

I just want to send love to my bf M.c. His been my rock through my life. I just wanna say thank you..je taime cheri... Yours truly Angel m Wallace..

Track 26 Lady: Thank you for returning my belongings and restoring my faith in humanity. You are one in a million!

Debby, I love you dearly, my bestfriend. Times are going to be tough, but I will be by your side for every step of it. Be strong, and have faith.

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Use your powers of persuasion to get others to help you with something important. Because you are so impatient you may be inclined to go it alone but you won't get far on your own.

♉ Taurus April 21-May 21 You are in exactly the right frame of mind to take a few risks, and chances are they will pay off in a big way.

♊ Gemini May 22-June 21 Take the initiative and make things happen. If you sit there waiting for others to make the first move you won't get anywhere worth going today, so stop thinking so much and just act.

♋ Cancer June 22-July 22 Everyone seems to approve of what you are planning, but don't take that as a green light just yet because there are a still a few loose ends that need to be tidied up before the time is right.

♌ Leo July 23-Aug.23 You are advised not to take anything, yourself included, too seriously today. Cultivate a frame of mind where life becomes a game and winning and losing are not in themselves that important.

♍ Virgo Aug. 24- Sept. 22 Take responsibility for your thoughts, your words and your actions and don't try to blame others if things don't work out exactly as you had planned. Maybe that's not such a bad thing.

♎ Libra Sept. 23-Oct. 23 How much do you trust someone you work with? Enough to trust them with a secret you don't want the whole world to know?

♏ Scorpio Oct. 24-Nov. 22 Push your luck a bit today. Take the kind of chances you usually prefer to avoid.

♐ Sagittarius Nov. 23-Dec. 21 A good deed done with no thought of reward for yourself will have the kind of positive consequences that even a far-sighted Sag cannot have anticipated.

♑ Capricorn Dec. 22-Jan. 20 This is one of the best times of the year for socializing and mixing with people from all walks of life, so don't sit there by yourself, get out into the world and make things happen.

♒ Aquarius Jan. 21-Feb. 18 Mercury, Mars and Neptune join forces in your birth sign today, making this the perfect time to give wings to your imagination. The world needs people who are not afraid to act on their dreams. In short, the world needs you.

♓ Pisces Feb. 19-March 20 Stand back from yourself today and try to understand why you think and act in certain ways. Once you realize that so much of what you do is done out of habit it will be easier to change your ways.

SALLY BROMPTON

Caption contest

MICHAEL THOMAS/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

WALLY SANTANA/ THE ASSOCIATED PRESS

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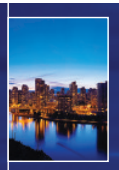
WHAT'S IN A NAME?

THE VILLAGE
ON FALSE CREEK

VALUE
Dare to compare this property, design and these finishings: Sub-Zero, Eggersmann, Miele + more.



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LOCATION
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LEGACY
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AMENITIES
Enjoy the Creekside Community Recreation Centre, Gold Medal Club, Salt Building retail, plaza shops + more.

GREEN
Experience a true eco-friendly address, North America's highest-rated LEED® Platinum neighbourhood.

EXCELLENCE
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UNIT	TYPE	SF LIVING	BEFORE	NOW
302	1 BR	506	$ 475,900	$ 350,900
308	1 BR	657	$ 635,900	$ 474,900
605	2 BR + FLEX	1153	$ 1,345,900	$ 970,900
502	2 BR + DEN + FLEX + EB	1445	$ 1,850,900	$ 1,299,900
1005	3 BR + FAM + FLEX	2623	$ 3,999,900	$ 2,999,900

KAYAK 1633 ONTARIO ST · 12 ATHLETES WAY · 77 WALTER HARDWICK AVE

UNIT	TYPE	SF LIVING	BEFORE	NOW
709	1 BR + EB	808	$ 684,900	$ 539,900
406	1 BR + DEN + FLEX + EB	873	$ 800,900	$ 599,900
402	2 BR + FLEX	994	$ 1,200,900	$ 679,900
701	2 BR + FLEX + EB	1153	$ 1,299,900	$ 959,900
305	2 BR + FAM + FLEX + EB	1674	$ 2,475,900	$ 1,399,900

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